



Muffin Mix

Discover a new world of baking old favorites with our delicious multi-ingredient Muffin Mix. Boost the number of whole-grain flours, seeds, legumes, egg powder, and other whole-food ingredients whenever you bake with Nature's Mix Muffin Mix. Among all the health-producing ingredients, you'll find nopal, an extract from a Mexican cactus. Nopal is a wonderful source of soluble and insoluble fiber.

The Muffin Mix is great for cakes, cookies, and pancakes. Each package makes 12 small or 8 large muffins.

Ingredients

Pastry Flour (Whole Grain Soft Wheat), Oat Flour, Organic Cane Sugar, Kamut Flour, 8 Grain Mix (Barley Flour, Buckwheat Flour, Millet, Rice Flour, Corn Grits, Flax Seeds, Amaranth, Quinoa), Sesame Seeds, Organic Soy Powder, Whole Powdered Egg, "Non Aluminum" Baking Powder, Jerusalem Artichoke Powder, Teff, Salt, Nopal, Stevia.



Recipes

Waffles

What you will need: 1 1/2 cups Nature's Mix Muffin Mix, 20 oz applesauce (all natural, unsweetened), 1 Tbsp olive oil, 4 Tbsp water, 1/2 cup honey (optional), 1 tsp cinnamon

Directions: Preheat oven to 350° F (175° C). Put applesauce in 8" x 8" pan. Mix other ingredients and sprinkle over applesauce. Bake 20 - 30 minutes. Makes 9 servings.

Nutritionals per serving *Percent Daily Value Based on a 2,000 calorie diet.

Calories - 120

Carbohydrates - 26g

Protein - 2g

Fiber - 3g

Sodium - 164mg (7%)*

Fat - 3g